

Sharing Books with Your Children

Reading to your children is a powerful way to promote language and literacy skills and their bond with you. You can never start too early. Even in their earliest months, babies show an interest in looking at and exploring books. As you share stories with children, they develop listening skills, an interest in words, and a good feeling about books. Making book-sharing interactive creates many opportunities for children to use, learn and practice language.

Sharing books should never be a stressful experience for a child, so always follow their lead. You don't have to read every word or even every page to make reading together a positive experience for your child. If your child wants to look at one picture for 3 minutes and then skip to the end and put the book down, that's okay. The more positive experiences your child has with reading, the more he/she will seek out books.

Talk or Sing About the Pictures

You don't have to read the words to tell a story. Try "reading" the pictures in a book for your child sometime. When your child is old enough, ask him to read the

pictures to you!

Let Children Turn the Pages

Babies cannot yet turn pages on their own, but an 18-month-old will want to give it a try, and a three-year-old can certainly do it alone. Remember, it's OKAY to skip pages!

Show Children the Words

Run your finger along the words as you read them, from left to right.

Ask Questions About the Story, and Let Children Ask Questions Too!

Use the story to have a back-and-forth conversation with your child. Talk about familiar activities and objects you see in the illustrations or read about in the story.



Activity:

Make your own book. Cut out a selection of pictures from magazines or catalogs. Spread them out for your toddler and let him choose which pictures to glue (with help) onto sturdy sheets of paper or large index cards. Punch a hole in the corner of each page and tie with a short piece of string or yarn. Write a few words on each page describing the pictures (You can even try asking older toddlers to describe what they see in the picture and write that down.)

This tip is brought to you by Fort McDowell Yavapai Nation—Early Steps to School Success, a First Things First funded program.

Derived from Early Steps to School Success Program's Plan and Play Sets which promote Language and Literacy Skills and "Tips for Sharing books With Babies and Toddlers" from www.zerotothree.org

Special points of interest:

- * The Northeast Maricopa Region of Scottsdale, Paradise Valley, Fountain Hills, Carefree, Cave Creek, Rio Verde, and Ft. McDowell Yavapai Nation embody both dense and urban, ethnically diverse neighborhoods and new growing suburban communities.
- * The Northeast Maricopa Region has a population of over 28,000 children birth through five years of age.

Activities and Tips inside this issue:

Personalized Books	2
Questions to Ask When Reading	2
Make Books Part of Your Daily Routine	3
Teen Corner	3
Dads are Important!	3
Water Safety	4
Book of the Month	4

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In This Month's Issue

- | | | |
|--|--------------------------------------|---|
| 1. Personalized Books | 4. Teen Corner—Reading and Your Teen | 6. Book of the month |
| 2. Questions to Ask When Reading | 5. Dads are Important | Look for future newsletters from the Northeast Maricopa Regional Partnership Council Collaboration Group! |
| 3. Make Books Part Of Your Daily Routine | 5. Water Safety | |

Personalized Books

Children are astonished to find their own pictures in real books. An inexpensive digital camera can become an important and fun way to encourage language and learn about books, plus there is no waiting for pictures to develop!

First, snap photos of your child in action and download them to your computer. Together, look at the screen and ask the children to talk about what they were doing.

Next, type their own words in a large primary font on the screen as they speak, visibly connecting speech to print. Each photo and story is one page to a book.

Pages can be printed out with little editing. Resulting pages can be laminated, then bound at print shop or simply stapled together (with staples covered in colored masking tape for a more beautiful appearance).

Not only do children love these books, but they will ask you to read them again and again. This is a wonderfully creative way to support literacy in your young child and make him feel like a star!

This tip is brought to you by Leslie Totten a Quality First! Coach - a First Things First funded program.



Questions to Ask When Reading

1. Book questions

Where is the front of the book?
How do you know?
How do you open a book?
How do you turn the pages?

2. Read the book

What do you think the story is about?

3. Picture walk

What do you think is going to happen next?

4. Read story

Where do you start to read?
Which way do you go?

Point to words as you read them.

Point to pictures and ask "What is this?"

5. Summary of story

Who were the characters?
What happened first? What happened next?
Where did the story take place?
What was the story about?



6. Reflections

Did you like the story? Why or why not?
Did the story remind you of another story?
Did the story remind you of something that has happened to you?
What character was your favorite?
How did the story make you feel?
What was the funniest part?
What was the saddest part?
What was the most exciting part?

This tip is brought to you by Eight Educational Outreach-ASSET, the PreK-12 and community outreach arm of Eight - Arizona PBS. Eight is a department within Arizona State University.

Make Books a Part of Your Daily Routine

As books are woven into children's everyday lives, they will begin to see reading as a pleasure and a gift.

- **At Meal Times**

Sing or read a story during a moment of quiet nursing or to gather the kids around the noisy breakfast table.

- **In the Car or On the Bus**

Keep a few books in the car or in your diaper bag to keep your little ones quiet and busy.

- **At Child Care Drop Off**

Calm a crying child at good-bye time with a favorite story or lullaby. Leave a photo book with pictures of loved family members at child care so your child can flip through it when she is missing you.

- **At the Doctor's Office**

Read or tell a soothing story to your little one in the waiting room and sing or talk through the scary parts of the visit. Before the visit, read books about going to the doctor so your child knows what to expect.

- **At the Grocery Store**

Put a few board books in the shopping cart or tie a cloth book to the shopping cart so you're not cleaning up books from the floor as you go!

- **At Nap Time**

Familiar routines always help babies calm down. Use books and stories to quietly ease your baby to sleep.

- **At Day's End**

You are exhausted, the baby is fussy. Lie down on the floor surrounded by books. Play

a book on tape for your baby. Sing a song together while you all try to relax a bit.

- **At Bath Time**

Plastic bath time books are great fun and may help a fussy baby enjoy the tub a little more.

- **At Bed Time**

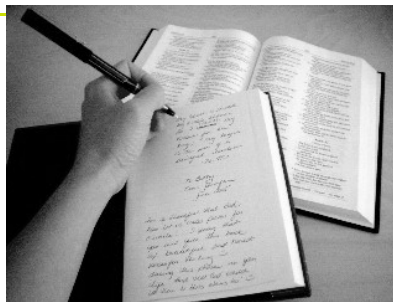
Soothing books and stories can work magic with babies who fight sleep!

This tip is brought to you by Fort McDowell Yavapai Nation—Early Steps to School Success, a First Things First funded program.



Teen Corner: Journaling

What is journaling? Journaling is a personal record of occurrences, experiences, and reflections kept on a regular basis - a diary. A free journal is given to each teen at the beginning of Healthy Pregnancy classes. At each class, the RN or Case Manager will give ideas to write about in your journal, "What did you learn in the class?" Or "List one way you will be more active during your



pregnancy." The journal is a place to write your thoughts and feelings about your pregnancy.

What do you imagine your delivery will be like? What are your feelings about breastfeeding? The journal is a place where you write your private feelings. Don't worry about spelling or grammar - just write!

This tip is brought to you by TOPS—Teen Outreach Pregnancy Services, a First Things First funded program.

Dads are Important!

Dads are important. Dads are different than Moms. Dads "parent" their children in unique ways that are essential for their child's development. Dads teach their children skills to prepare them for success in life. Here's how Dads can use their unique parenting style to promote their child's early literacy.

Dad: Every night, as part of your child's bedtime routine, tell stories from your own childhood. Make it as descriptive as possible using interesting words. Make it exciting by using sound effects and exaggerated expressions. Keep it short and always end with a "cliffhanger." That way, when you're child begs you to finish the story, you'll be able to tell your child: "We'll finish that part tomorrow night. I love you.

Good night, sleep tight." [Kiss]

The DAD Project (Dads And Development), a place for Dads and their Babies, begins on March 27th and continues once a month. For more information and sign up, please call Nicholas Kasovac, Healthy Steps at (480) 882-5762.

This tip is brought to you by Healthy Steps, a First Things First funded program.

Water Safety

It's that perfect time of year in Arizona. It's easy to forget that parts of the country are buried under snow.

The sun is shining and all we want to do is be outside enjoying all this wonderful state has to offer. For many of us, that means we're poolside.

Unfortunately, we know that with all the fun and frolic, there's also a real danger that lurks. We must ensure we have put all of the precautions in place to reduce our risk of experiencing a drowning.

The following are tips to remind us of our responsibilities near water. It is especially recommended that this information is shared with anyone who visits you in your home. And remember, watching children around water is not a job from which you can take a vacation. Even "on holiday," vigilance is required to protect children from drowning.

Never leave a child alone near water.

- o A few inches of water are enough for a child to drown in.
- o Advise children to stay away from water unless there is an adult watching the child.
- o Avoid any distractions poolside while your child is in or near the water.
- o If you are enjoying a party poolside and children are in attendance, assign an adult to watch the water to ensure all guests are safe in and around the water. Do not assume that someone else is watching your

child. A good idea is to rotate this duty every 20 minutes.

Watch out for slipping hazards.

- o Watch your young children when using restrooms and, when at public or resort pools, the change rooms. The tiles are often very slippery and easily cause injury when they slip and fall.
- o Don't let your kids run on the edges of the pool as they may fall and hurt themselves.

Protect your skin from the sun.

- o The risk for severe sunburn in Arizona is high. Wear sunscreen with an SPF of at least 20. Re-apply often.
- o Encourage children to wear UV protected sunglasses to protect their eyes from glare.

Keep hydrated.

- o Drink water frequently. It is easy to get dehydrated quickly in the Arizona heat. If you have not used the restroom at least once an hour, you are not drinking enough fluids.
- o Alcoholic beverages will increase your risk of dehydration. Ensure you are drinking plenty of water, perhaps alternating between bottles of water.

Keep gates and safety features in place around the pool and other water areas.

- o Children are naturally attracted to water. Barriers should be in place to keep them away from the water if they get away from your supervision.

- o If you see a gate propped open, please shut it.

If a child or adult is in trouble in water:

- o Don't panic. Yell for help.
- o Get the child/adult out of the pool at once.
- o Call 911 immediately.
- o Begin CPR. If you are not trained in CPR, follow telephone instructions from the Dispatch operator until emergency responders arrive.

To get more tips or information about water safety, be sure to visit the Drowning Prevention Coalition of Arizona website, www.preventdrownings.org

This tip brought to you by Lori Schmidt, Public Education Officer for the City of Scottsdale Fire Department and President of Drowning Prevention Coalition of Arizona. Both organizations are partners in the First Things First Northeast Maricopa Regional Partnership Collaboration Group.



Book of the Month!

Bark George by Jules Feiffer

When we talk about literacy, it is difficult to pick one children's picture book that symbolizes reading. This month's pick, Bark George by Jules Feiffer is a winner on so many levels. The story is so entertaining for both children and adults that it is easy to be motivated to read the book over and over again.

George is a puppy who can't say, "arf" but instead moos, oinks, quacks and makes other animal sounds. George's mother nervously takes him to the vet for a hilarious discovery of the cause of these sounds. Kids love making the animals sounds along with George and parents appreciate the expression on George's mother's face and the classic punch line at the end. A truly fantastic book!



This tip is brought to you by Scottsdale Public Libraries.



FIRST THINGS FIRST

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- Stuart Turgel
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- Mary Permoda
Faith Based

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Please visit us on the web at:
www.azftf.gov

Northeast Maricopa Regional Partnership Council

Vision: All Arizona children birth through age five are offered opportunities to achieve their maximum potential to succeed in school and life.

Mission: Increase the quality of and access to the early childhood development and health system that ensures a child entering school comes healthy and ready to succeed.

Goals:

- Improve the QUALITY of early childhood development and health programs.
- Increase the ACCESS to quality early childhood development and health programs.
- Increase the access to PREVENTATIVE HEALTH AND HEALTH SCREENINGS for children birth through age 5.
- Offer PARENT AND FAMILY SUPPORT and education concerning early childhood development and literacy.
- Provide PROFESSIONAL DEVELOPMENT AND TRAINING for early childhood development and health providers.
- Increase COORDINATION of early childhood development and health programs and PUBLIC AWARENESS about the importance of early childhood development and health.

Northeast Maricopa Regional Partnership Council Calendar

Council Meeting dates—2010

10815 N. 84th St.
Scottsdale, 85260
All meetings 4-6pm

April 13
May 11
June 8
July 13
August 10
Sept 14
Oct 12
Nov 9
December 14

*Members of the public are encouraged to attend

Collaboration Meetings –2010

11130 E. Cholla
Scottsdale, 85259
All meetings 4-6pm

April 20
May 18
June 15
July 20
August 17
Sept 21
Oct 19
Nov 16
Dec 21

*Members of the public are encouraged to attend